

MON	TUE	WED	THR	FRI	SAT
5:30 - 6:15AM Body Blast Mina	5:30 - 6:30AM Cycle Performance Laura	5:30 - 6:15AM Total Body Strength Laura	5:30 - 6:30AM Cycle Performance Laura	7:30 - 8:15AM Glutes, Guns & Guts Paula	7:45 - 8:15AM Cardio Express Mina
7:30 - 8:30AM Total Body Strength Ylona	7:00 - 7:45AM TBS Express & Mat Pilates Sally	7:30 - 8:30AM Body Blast Karen	6:00 - 7:00AM Yoga Nicole	7:45 - 8:30AM Hi/Low Cardio Jen	8:00 - 9:00AM Cycle Performance Bonnie
7:45 - 8:45AM Cycle & Core Paula	7:45 - 8:45AM ATAC Paula	8:30 - 9:30AM Cycle Performance Tammy	7:30 - 8:15AM Mat Pilates & Balance Sally	8:30 - 9:15AM Cycle Tammy	8:15 - 9:15AM Total Body Strength Mina
8:35 - 9:35AM Muscle Pump Yi-Jin	8:45 - 9:30AM High/Low Cardio Nichelle	8:35 - 9:35AM Total Body Strength Lana	8:30 - 9:25AM Total Body Strength Jen M	8:35 - 9:35AM Yoga Lana	9:25 - 10:25AM Zumba Dara
9:45 - 10:45AM Yoga Adrienne Ann	9:35 - 10:30AM Cardio Boxing Plus Jen M	9:45 - 10:45AM Zumba Danielle	8:45 - 9:30AM Cycle Yi-Jin	9:45 - 10:45AM Muscle Pump Yi-Jin	10:30 - 11:30AM Yoga Julie
11:00 - 11:30AM Energizer Cardio Express Lana	10:35 - 11:05AM Glorious Glutes (Fee Based)* Paula	11:15 - 12:00PM Basic Step & Toning Strength Lana	9:35 - 10:30AM Yoga Lana	11:00 - 11:55AM Werq! Jepharya	11:45 - 12:30PM Pilates Fusion Lana
11:30 - 12:15PM Total Body Strength Lana	11:15 - 12:15PM Energizer Interval Karen	12:30 - 1:30PM BeMoved Dance Annie	10:45 - 11:30AM Ballroom Dance Cardio Nichelle	12:00 - 1:00PM Energized Yoga Katie	SUN
12:30 - 1:30PM Energizer Yoga Sally	11:15 - 12:00PM Energizer Cycle Sally	1:35 - 2:05PM Balance Express Carol	11:15 - 12:00PM Energizer Cycle Mary	1:15 - 2:15PM Zumba Gold Dara	
1:35 - 2:05PM Seated Strength Express Sally	12:30 - 1:15PM Energizer Chair Yoga Lana	4:30 - 5:25PM Yoga Adrienne Ann	11:35 - 12:20PM Energizer TBS Nichelle		8:00 - 9:00AM Creative Step Jen M
4:15 - 5:15PM Yoga Nicole	2:30 - 4:15PM Tap Beg/Adv (Fee Based)* Annie	5:30 - 6:25PM Pilates Fusion Jessie	12:30 - 1:30PM Energizer Chair Yoga Mary Kay		9:15 - 10:15AM Total Body Strength Jessie
4:30 - 5:30PM Total Body Strength Julie	4:30 - 5:30PM Mat Pilates & Stretch Ylona	6:35 - 7:05PM Lift Heavy Carol	1:45 - 2:30PM Restorative Yoga Nicole		10:30 - 11:30AM Yoga Katie
6:00 - 7:00PM Zumba Dara	5:30 - 6:30PM Zumba Danielle		4:30 - 5:15PM Muscle Pump Mandy		
7:15 - 7:45PM Lo-Impact Cardio & Strength Mandy	5:30 - 6:30PM Cycle Plus Carolyn		5:30 - 6:30PM Zumba Danielle / Jenny		
	6:30 - 7:30PM Yoga Nicole		6:00 - 6:45PM Cycle Carolyn		
			6:45 - 7:15PM TBS Express Mandy		

Class Location Color Codes

- Studio
- Multi Purpose Room 3
- Multi-Purpose Room 1
- Track / Basketball Court
- Multi Purpose Room 2
- * Denotes Fee Based Class

Paula McBride
 Group Exercise Supervisor

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Classes subject to minimum/maximum participants, instructor/location changes, and/or cancellations may or may not occur with notice.

Land Group Exercise Class List

ATAC (Athletic Training and Conditioning)

A variety of cardio intervals, sport-transfer drills, cycling, strength & core. An unbelievable cross-training workout!

Balance Express

A class designed to keep us upright and steady.

Basic Step and Toning Strength

Take one step at a time to learn single bench basic step and tone up with light weight upper body movements.

BeMoved Dance

Movement expressed through dance and music with the power to enhance your well being.

Body Blast

A total body strength workout with a cardio thrown in for an added "blast!"

Cardio Boxing & Plus

High energy Cardio boxing that includes a series of combinations that may include punches, blocks and kicks, plyometric exercises, core and more.

Cardio Express

Calorie burning in a variety of formats.

Cardio Strength (Low Impact)

Fat burning cardio that is easy on the joints. Can include, Hi/Lo, steps and more.

Creative Step (INT/ADV)

Stylized movements utilizing one or more benches in any arrangement combined with instructors' creativity and flair to bring you contagious energy, innovative choreography and FUN. Step experience required.

Cycle & Core

Cycle followed by 15 minutes of focused core work.

Cycle Performance

One hour of color guided cycle class,

Cycle Plus

Cycle followed by 15 minutes of focused core, strength or stretch.

Glutes, Guns and Guts

That's it...let's work our glutes, arms and core .

Hi/Lo Cardio

A blast of high and low impact choreographed aerobics

Lift Heavy

Learn how to safely increase the load you lift using low reps and options for ALL LEVELS to improve bone density, metabolism, and confidence while reducing risk of injury!

Low Impact Cardio and Strength

This cardio class will be easy on the knees but you will still get a good sweat going. Add a little strength and it is just what you needed!

Mat Pilates

This class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength.

Mat Pilates with Balance

This class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength with an added balance portion.

Mat Pilates with Stretch

This class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength with an added stretch portion.

Muscle Pump

Using a body bar and dumbbells working 4 min of structured strength exercises followed by a 1 minute break, helping to increase lean muscle and endurance.

Pilates Fusion

A workout using light weights, small movements for body sculpting and toning.

Restorative Yoga

Rest, relax, and recover in comfortable yoga poses that will help to restore your body.

Seated Strength

Strength workout while staying seated in a chair.

Total Body Strength

(TBS) This class offers effective strength training in a group setting. Balanced focus on all muscle groups to improve muscular strength and/or endurance.

Yoga

Develop outer and inner strength through poses, alignment and breath. Each teacher brings their unique style and experience to the class. Most commonly taught is Vinyasa or Iyengar based styles.

Werq!

A new dance class with a hip hop vibe. Easy to follow and full of energy! Get ready to dance!

Zumba

HOT Latin dance based work out. Salsa, rumba and tango those calories away. All levels are welcome.

Energizer Classes (Recommended for 55+)

Energizer Cardio

A variety of low impact movements that are fun for the mature adult (or novice exerciser).

Energizer Chair Yoga

Using a chair to help balance and modify and yoga poses.

Energizer Cycle

Indoor cycling class designed to simulate outdoor open road riding. Cardiovascular benefits galore!

Energizer Interval

his class is for the mature adult with intervals of cardiovascular exercise and weight training. Loads of fun and variety.

Energizer Interval

Effective resistance, balance and core training.

Energizer Yoga

Calm your nerves, ease stiffness, improve muscle tone and focus your mind. Vinyasa or Iyengar based method is followed to safely guide each participant toward enhanced flexibility, strength, and stamina.

Zumba Gold

Low-impact, lower intensity of a typical Zumba class with a great mix of salsa, tango, rumba and more.